



# SUNDERLAND HARRIERS & AC

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FITNESS

# SUNDERLAND 5K ROAD RACES

*Under UK Athletics Rules.*

**Thursday 20<sup>th</sup> July 2023**

**Race 1 – Women's 5K (18:45)**

**Race 2 – Senior Men & All Veteran Men 5K (19:20)**

NEMAA, Northern & North Eastern Counties Championship  
team races for Men and Women (three-to-count)

*Over one of the fastest courses in the UK – runners of all abilities welcome! All  
entrants must be at least 15 years old on the day of race.*

**RACE HQ - SILKSWORTH  
SPORTS COMPLEX, SR3 1PD**

**On-line entries: Sportsoft - [Link Here](#)**

**\*Entry fee £12.00. Unattached £14.00. Late entries on the night  
£15.00**

**Entries close Sunday 16<sup>th</sup> July 2023**

